Apprenticeship and Industry Training

Cook

Apprenticeship Course Outline

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Apprenticeship and Industry Training

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Cook

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Course Outline

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Apprenticeship and Industry Training System

Apprenticeship is post-secondary education with a difference. It helps ensure Alberta has a steady supply of highly skilled employees, the foundation of our economy's future health and competitiveness.

Apprentices in more than 50 trades and crafts spend between one and four years learning their trade - 80% of the time on the job under the supervision of a certified journeyman or qualified tradesperson. The balance of the program is technical training in the theory, skills and technologies of their trade.

To become certified journeymen apprentices must learn theory and skills, and they must pass examinations. Requirements for certification—including the content and delivery of technical training—are developed and updated by the Alberta Apprenticeship and Industry Training Board (the Board) and a network of local and provincial industry committees.

The graduate of the Cook apprenticeship training is a journeyman who will:

- responsibly do all work tasks expected of a journeyman.
- be able to supervise, train and coach apprentices.
- know the required sanitation standards and regulations in order to produce wholesome food.
- have a thorough knowledge of proper cooking procedures and their relation to quality food production.
- have a working knowledge of meat cutting and know the appropriate cooking methods for all cuts.
- have a general knowledge of grades and classifications of meat, fish, poultry, canned and frozen foods.
- have a thorough knowledge of trade and menu terminology.
- do basic food and menu costing, food estimates and portion control.
- use, with safety and competence, the hand and power tools commonly used in the trade.
- produce pastries and desserts as are listed on menus in restaurants and institutions.

Apprenticeship and Industry Training Committee Structure

While government supports Alberta's apprenticeship and industry training system, it is driven by industry, a term which includes both employers and employees. The Alberta Apprenticeship and Industry Training Board, with the support of Alberta Learning, oversee the system. But the system relies on a network of industry committees. These committees include local and provincial apprenticeship committees (LACs and PACs) in the designated trades and occupational committees (OCs) in the designated occupations, as well as other committees such as provisional committees established before the designation of a new trade or occupation comes into effect. All these committees are composed of equal numbers of employers and employees. The network of industry committees is the foundation of Alberta's apprenticeship and industry training system.

Local Apprenticeship Committees (LAC)

Wherever there is activity in a trade, the Board can set up a LAC. The Board appoints equal numbers of employees and employers for terms of up to three years. The committee appoints a member as presiding officer. Local Apprenticeship Committees:

- monitor the apprenticeship system, and the progress of apprentices in their trade, at the local level.
- help settle certain kinds of issues between apprentices and their employers.
- recommend improvements in apprenticeship training and certification to their trade's provincial apprenticeship committee.
- make recommendations to the Board regarding the appointment of members to their trade's PAC.

Provincial Apprenticeship Committees (PAC)

The Board establishes a PAC for each trade and, based on PAC recommendations, appoints a presiding officer and equal numbers of employees and employers for terms of up to three years. Most PACs have nine members. Provincial Apprenticeship Committees:

- identify the training needs and content for their trade.
- recommend to the Board the standards for training and certification for their trade.
- monitor the activities of local apprenticeship committees in their trade.
- make recommendations to the Board about the designation of trades and occupations.
- determine whether training of various kinds is equivalent to training provided in an apprenticeship program in the trade.
- may participate in resolving any apprenticeship-related disputes between employers and employees.

Cook PAC Members

Mr. A. Lala	Edmonton	Presiding Officer
Mr. A. Cowley	Calgary	Employer
Mr. B. Leadbetter	Edmonton	Employer
Mr. D. Omar	Edmonton	Employer
Mr. R. Daley	Lethbridge	Employer
Mr. C. Gould-Hawke	Calgary	Employee
Mr. D. Stifter	Edmonton	Employee
Mr. F. MacDonald	Edmonton	Employee
Mr. J. Wakaryk	Edmonton	Employee

The Alberta Apprenticeship and Industry Training Board (Board)

The mandate of the Alberta Apprenticeship and Industry Training Board relates to the standards and requirements for training and certification in programs under the *Apprenticeship and Industry Training Act*. The Board provides advice to the Minister of Learning on the training and certification of people in designated trades and occupations and on the needs of the Alberta labour market for skilled and trained persons. The Board also makes orders and regulations respecting standards and requirements for apprenticeship programs and the training of apprentices and for training and certification in designated trades and occupations, and the criteria or requirements for granting and recognizing trade and other certificates.

The 13-member Board consists of a chair, eight members representing trades and four members representing other industries. Employer and employee representatives equally represent the trades and other industry members.

Safety Education

Safe working procedures and conditions, accident prevention and the preservation of health are of primary importance in apprenticeship programs in Alberta. These responsibilities are shared and require the joint efforts of government, employers, employees and the public. Therefore, it is imperative that all parties become aware of circumstances that may lead to injury or harm. Safe learning experiences and environments can be created by controlling the variables and behaviours that may contribute to or cause an accident or injury.

It is generally recognized that a safe attitude contributes to an accident free environment. Everyone will benefit as a result of a healthy, safe attitude towards prevention of accidents.

A tradesperson is possibly exposed to more hazards than any other person in the work force and, therefore, should be familiar with and apply the Occupational Health and Safety Act and Regulations dealing with personal safety and the special safety rules applying to each task.

Legal and Administrative Aspects of Safety

Accident prevention and the provisions of safe working conditions are the responsibilities of an employer and employee.

Employer's Responsibilities

The employer is responsible for:

- providing and maintaining safety equipment and protective devices.
- ensuring proper safe work clothing is worn.
- enforcing safe working procedures.
- providing safeguards for machinery, equipment and tools.
- observing all accident prevention regulations.
- training employees in the safe use and operation of equipment.

Employee's Responsibilities

The employee is responsible for:

- working in accordance with the safety regulations pertaining to the job environment.
- working in such a way as not to endanger themselves or fellow employees.

Occupational Health and Safety's Responsibilities:

Occupational Health and Safety (Alberta Human Resources and Employment) will conduct periodic inspections of the workplace to ensure that safety regulations for industry are being observed.

Technical Training Establishment

Alberta Learning, Apprenticeship and Industry Training offer your apprenticeship training program. Staff and facilities for delivering the program are supplied by:

- Northern Alberta Institute of Technology (main campus)
- Southern Alberta Institute of Technology (main campus)
- Lethbridge Community College
- Red Deer College

Procedures for Recommending
Revisions to the Course Outline

Apprenticeship and Industry Training, Industry Programs and Standards has prepared this course outline in partnership with the Cook Provincial Apprenticeship Committee.

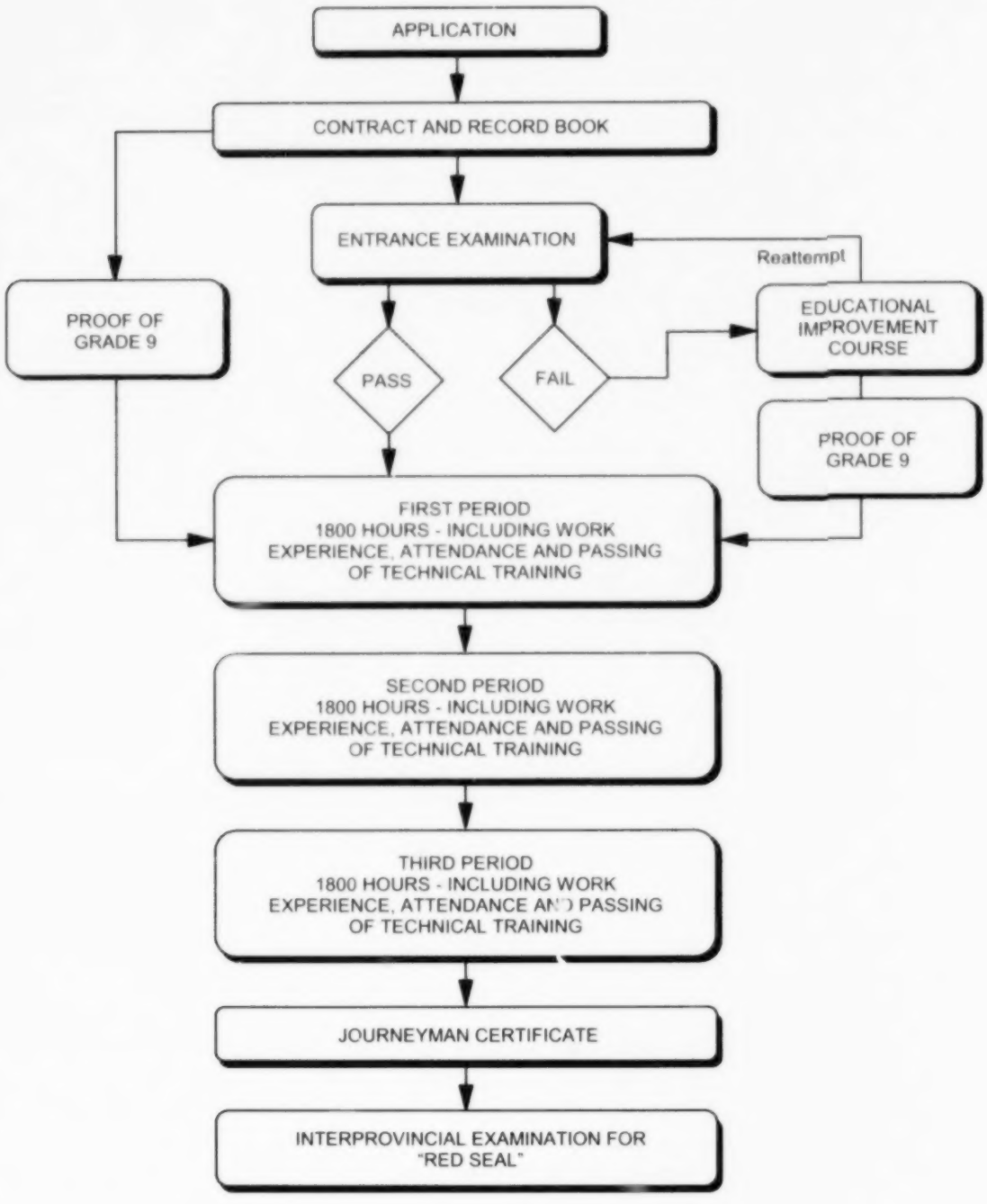
This course outline was approved on June 20, 2005 under the authority of the Alberta Apprenticeship and Industry Training Board on a recommendation from the Provincial Apprenticeship Committee. Valuable input is acknowledged from industry and the institutions.

Any concerned citizen or group in the Province of Alberta may make recommendations for change by writing to:

Cook Provincial Apprenticeship Committee
c/o Industry Programs and Standards
Apprenticeship and Industry Training
10th floor, Commerce Place
10155 - 102 Street
Edmonton, AB T5J 4L5

It is requested that recommendations for change refer to specific areas and state references used. Recommendations received will be placed before regular meetings of the Provincial Apprenticeship Committee.

Apprenticeship Route toward Certification


APPLICATION
CONTRACT AND RECORD BOOK
ENTRANCE EXAMINATION
Reattempt
PROOF OF GRADE 9
PASS
FAIL
EDUCATIONAL IMPROVEMENT COURSE
PROOF OF GRADE 9
FIRST PERIOD
1800 HOURS - INCLUDING WORK EXPERIENCE, ATTENDANCE AND PASSING OF TECHNICAL TRAINING
SECOND PERIOD
1800 HOURS - INCLUDING WORK EXPERIENCE, ATTENDANCE AND PASSING OF TECHNICAL TRAINING
THIRD PERIOD
1800 HOURS - INCLUDING WORK EXPERIENCE, ATTENDANCE AND PASSING OF TECHNICAL TRAINING
JOURNEYMAN CERTIFICATE
INTERPROVINCIAL EXAMINATION FOR "RED SEAL"

Cook Training Profile
First Period
(8 Weeks 30 Hours per Week – Total of 240 Hours)

SECTION ONE

KITCHEN ORIENTATION AND INTRODUCTION — 42 Hours

A	B	C
Kitchen Orientation and Introduction — 2 Hours	Food Safety — 12 Hours	WHMIS — 6 Hours
D	**E**	**F**
First Aid — 12 Hour	Tools and Equipment — 4 Hours	Kitchen Fundamentals — 6 Hours

SECTION TWO

TRADE MATHEMATICS AND MANAGEMENT CONTROLS — 18 Hours

A	B	C
Basic Kitchen Mathematics — 6 Hours	Weights and Measures — 6 Hours	Recipes — 6 Hours

SECTION THREE

BUTCHER SHOP (MEAT, BEEF AND PORK; FISH, POULTRY, SEAFOOD AND VARIETY MEATS) — 54 Hours

A	B	C
Purchasing, Grading, Handling and Storage — 6 Hours	Portioning — 18 Hours	Preparation and Seasoning — 6 Hours
D		
Cooking, Holding and Serving Techniques — 24 Hours		

SECTION FOUR

SAUCIER (STOCKS, SOUPS, SAUCES, THICKENING AND BINDING AGENTS) — 30 Hours

A	B	C
Stocks — 8 Hours	Thickening and Binding Agents — 4 Hours	Soups — 6 Hours
D		
Sauces — 12 Hours		

SECTION FIVE

ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE, AND GRAINS — 18 Hours

A	B	C
Purchasing Specifications and Storing Procedures — 3 Hours	Culinary Terms — 3 Hours	Fruits and Vegetables — 6 Hours
D		
Potato, Pasta and Rice — 6 Hours		

SECTION SIX

PANTRY — 12 Hours

A	B
Salads and Dressings — 8 Hours	Sandwiches, Spreads and Fillings — 4 Hours

SECTION SEVEN

BREAKFAST, BEVERAGES AND DAIRY PRODUCTS — 12 Hours

A	B	C
Breakfast — 6 Hours	Dairy — 3 Hours	Beverages — 3 Hours

SECTION EIGHT

BAKESHOP 42 Hours

A	B	C
Principles of Baking 10 Hours	Yeast Products 12 Hours	Cookies and Quick Breads 6 Hours

D	E
Pies and Fillings 10 Hours	Decorating Techniques 4 Hours

SECTION NINE

VALUE ADDED PRODUCTS 12 Hours

A	B
Ready to Use and Serve 6 Hours	Ready to Heat and Cook 6 Hours

Second Period
(8 Weeks 30 Hours per Week – Total of 240 Hours)

SECTION ONE

KITCHEN ORIENTATION AND INTRODUCTION 2 Hours

A
Program Orientation 2 Hours

SECTION TWO

TRADE MATHEMATICS AND MANAGEMENT CONTROLS 24 Hours

A	B	C
Communication 4 Hours	Mise en Place 4 Hours	Purchasing and Receiving 6 Hours

D	E
Inventory Controls 4 Hours	Cost Controls 6 Hours

SECTION THREE

BUTCHER SHOP (MEAT, BEEF AND PORK; FISH, POULTRY, SEAFOOD AND VARIETY MEATS) 54 Hours

A	B	C
Meats 18 Hour	Poultry 18 Hours	Fish and Seafood 18 Hours

SECTION FOUR

SAUCIER (STOCKS, SOUPS, SAUCES, THICKENING AND BINDING AGENTS) 40 Hours

A	B	C
Stocks and Glazes 12 Hours	Soups and Garnishes 12 Hours	Sauces 12 Hours

D
Butter Sauces 4 Hours

SECTION FIVE

ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE, AND GRAINS 24 Hours

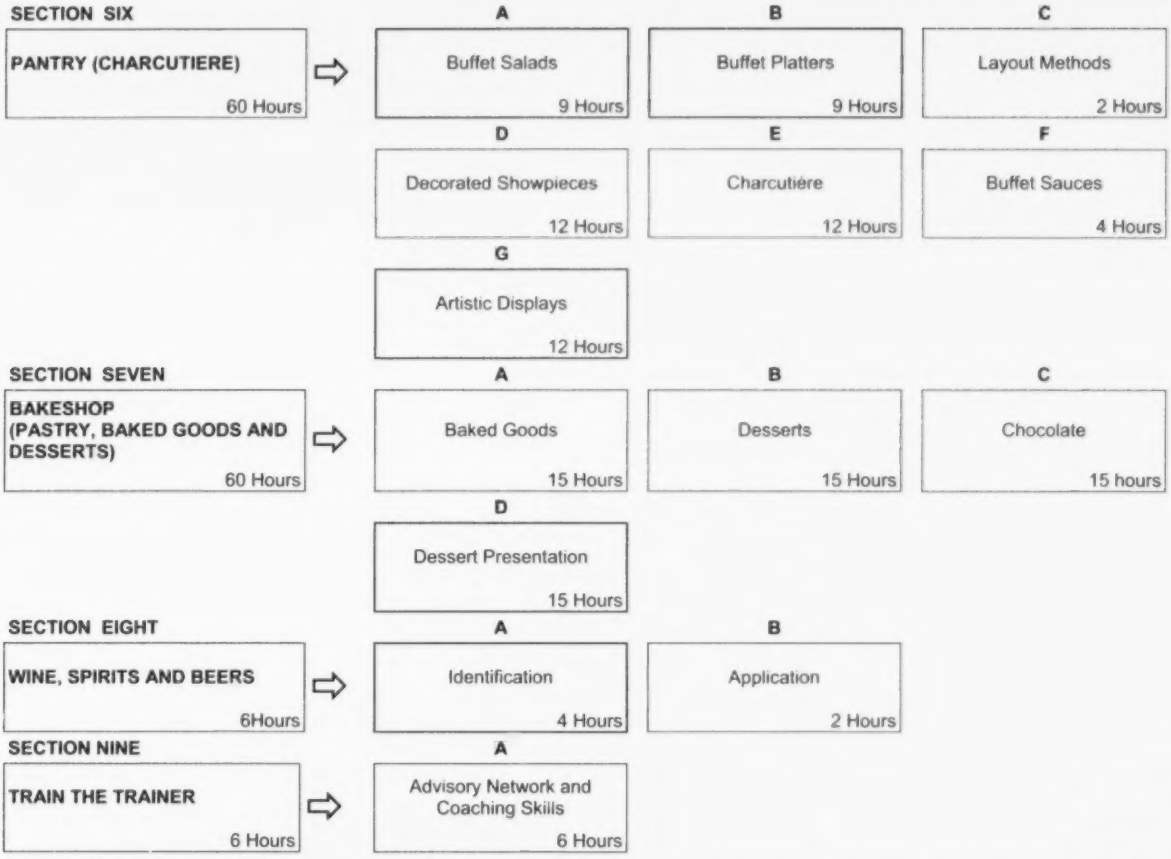
A	B	C
Potatoes 6 Hours	Rice and Grains 3 Hours	Pasta and Sauce 9 Hours

D
Vegetables 6 Hours

SECTION SIX		**A**	**B**	**C**
PANTRY (APPETIZERS/HORS D'OEUVRES) 18 Hours	⇨	Appetizers and Hors D'oeuvres 6 Hours	Canapés 6 Hours	Brines and Marinades 6 Hours
SECTION SEVEN		**A**		
DAIRY PRODUCTS (CHEESE) 8 Hours	⇨	Dairy Products 8 Hours		
SECTION EIGHT		**A**	**B**	**C**
BAKESHOP (PASTRIES, BAKED GOODS AND DESSERTS) 50 Hours	⇨	Pastries 14 Hours	Baked Goods 14 Hours	Desserts 10 Hours
		D		
		Decorating Skills 12 Hours		
SECTION NINE		**A**	**B**	**C**
NUTRITIONAL COMPONENTS 20 Hours	⇨	Science of Nutrition 8 Hours	Diets, Lifestyles and Trends 8 Hours	Food Labelling 4 Hours

Third Period
(8 Weeks 30 Hours per Week – Total of 240 Hours)

SECTION ONE		**A**	**B**	
KITCHEN ORIENTATION AND INTRODUCTION 6 Hours	⇨	Policies, Procedures and Regulations 1 Hour	Management Skills 5 Hours	
SECTION TWO		**A**	**B**	
TRADE MATHEMATICS AND MANAGEMENT CONTROLS 24 Hours	⇨	Menu Planning 12 Hours	Inventory and Financial Controls 12 Hours	
SECTION THREE		**A**	**B**	**C**
BUTCHER SHOP (MEAT, BEEF AND PORK; FISH, POULTRY, SEAFOOD AND VARIETY MEATS) 42 Hours	⇨	Meat 12 Hours	Poultry 12 Hours	Fish and Seafood 12 Hours
		D		
		Game 6 Hours		
SECTION FOUR		**A**	**B**	**C**
SAUCIER (STOCKS, SOUPS, SAUCES, THICKENING AND BINDING AGENTS) 24 Hours	⇨	Soups 10 Hours	Sauces 10 Hours	Condiments and Flavour Builders 4 Hours
SECTION FIVE		**A**	**B**	
ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE, AND GRAINS 12 Hours	⇨	Fruits and Vegetables 6 Hours	Starches and Grains 6 Hours	



NOTE: The hours stated are for guidance and should be adhered to as closely as possible. However, adjustments must be made for rate of apprentice learning, statutory holidays, registration and examinations for the training establishment and Apprenticeship and Industry Training

FIRST PERIOD TECHNICAL TRAINING
COOK TRADE
COURSE OUTLINE

UPON SUCCESSFUL COMPLETION OF THIS COURSE THE APPRENTICE SHOULD BE ABLE TO PERFORM THE FOLLOWING OUTCOMES AND OBJECTIVES.

SECTION ONE: ..... KITCHEN ORIENTATION AND INTRODUCTION ..... 42 HOURS

A. Kitchen Orientation and Introduction ..... 2 Hours

Outcome: ***Demonstrate professionalism.***

1. State the requirements and identify the responsibilities of the liaison officer.
2. Outline standards for industry professionalism:
   a) dress code
   b) harassment
   c) professional conduct as it relates to the institution
3. Identify study methods and reference tools.
4. Identify and follow emergency procedures and regulations.

B. Food Safety ..... 12 Hours

Outcome: ***Successfully complete the Provincial Food Safety Course.***

1. Complete Provincial Food Safety Program.
2. Introduction to HACCP as it relates to food service.

C. WHMIS ..... 6 Hours

Outcome: ***Successfully complete WHMIS training.***

1. Complete Workplace Hazardous Material Information System Training (WHMIS).

D. First Aid ..... 12 Hours

Outcome: ***Successfully complete the First Aid course.***

1. Complete Basic First Aid Course.

E. Tools and Equipment ..... 4 Hours

Outcome: ***Identify and use tools and equipment.***

1. Identify and demonstrate the correct use and maintenance of the following tools and equipment:
   a) hand tools and knives
   b) processing equipment
   c) cooking equipment
   d) re-thermalizing and holding equipment
   e) dishwashing equipment
   f) beverage dispensing equipment
   g) exhaust fans, hoods and ventilation systems

h) coolers and freezers

F. Kitchen Fundamentals ..... **6 Hours**

Outcome: ***Function in a professional kitchen.***

1. Describe the history of professional cooking:
   a) classical brigade
   b) guild system
   c) forefathers of modern cooking
2. Explain kitchen terminology.
3. Describe the structure and function in traditional and modern kitchen workstations.
4. Demonstrate an ability to function in a safe work environment.

SECTION TWO: .....TRADE MATHEMATICS AND MANAGEMENT CONTROLS ..... 18 HOURS

A. Basic Kitchen Mathematics ..... **6 Hours**

Outcome: ***Demonstrate the use of basic mathematics.***

1. Demonstrate and explain basic kitchen mathematics for controls:
   a) establish item cost
   b) determine yields
   c) cost menu
   d) establish selling price

B. Weights and Measures ..... **6 Hours**

Outcome: ***Demonstrate the use of metric and U.S. standard systems.***

1. Demonstrate and explain the metric system and be familiar with the metric system.
2. Demonstrate an ability to use the U.S. standard measurement.

C. Recipes ..... **6 Hours**

Outcome: ***Demonstrate the use of recipe conversions and yields.***

1. Demonstrate and explain recipe conversion and yields.

SECTION THREE ..... BUTCHER SHOP .....54 HOURS
(MEAT, BEEF AND PORK FISH, POULTRY, SEAFOOD AND VARIETY MEATS)

A. Demonstrate Purchasing, Grading Handing and Storage .....6 Hours

Outcome: ***Demonstrate purchasing, grading handing and storage.***

1. Identify grading, quality factors and purchasing standards for the following:
   a) meat
   b) fish
   c) poultry
   d) seafood
   e) variety meats
2. Identify and demonstrate safe handling and storage procedures for:
   a) meat
   b) poultry
   c) fish
   d) seafood
   e) variety meats

B. Portioning .....18 Hours

Outcome: ***Identify and prepare primal and fabricated cuts.***

1. Describe market forms and prepare fabricated cuts for the following:
   a) meat
   b) poultry
   c) fish
   d) seafood
   e) variety meats

C. Preparation and Seasoning .....6 Hours

Outcome: ***Select and use seasonings, flavours and marinades.***

1. Describe and identify the effects of heat and cold on seasoning, flavouring and marinades.
2. Select and use seasoning, flavourings and marinades.
3. Identify taste:
   a) sweet
   b) sour
   c) bitter
   d) salt

D. Cooking, Holding and Serving Techniques .....24 Hours

Outcome: ***Demonstrate appropriate cooking methods, holding and serving techniques.***

1. Identify, prepare, cook and present using the following methods:
   a) dry heat
      i) roasting/baking
      ii) grilling, char-broiling/barbecue
      iii) broiling/gratinee

iv) deep frying
v) pan fry, sauté, pan broil
vi) spit cooking/rotisserie

b) moist heat
i) poaching, simmering and boiling
ii) steaming
iii) blanching
iv) stewing

c) combination (dry and moist)
i) braising
ii) pot roasting

d) holding and serving techniques
i) holding and resting
ii) testing and doneness
iii) carving and slicing
iv) presentation

2. Explain and demonstrate appropriate holding and serving techniques for the following:
a) meat
b) poultry
c) fish
d) seafood
e) variety meats

SECTION FOUR: .... SAUCIER (STOCKS, SOUPS, SAUCES, THICKENING AND BINDING AGENTS) .....30 HOURS

A. Stocks ..... **8 Hours**

Outcome: ***Prepare and store basic stocks.***

1. Explain and prepare basic stocks:
a) white stock
b) brown stock
c) fish stock
d) vegetable stock

2. Identify cooling, venting, handling and storage of stocks, soups and sauces.

3. Identify and prepare flavour builders for soups, stocks and sauces:
a) mirepoix, matignon, bordelaise
b) bouquet garni
c) sachet bag
d) studded onion (onion clouté)
e) onion brûlée

B. Thickening and Binding Agents ..... **4 Hours**

Outcome: ***Identify and prepare binding agents.***

1. Identify and prepare thickening agents:
a) roux
b) beurre manie
c) slurry
d) whitewash
e) liaison
f) ready to use/instant

2. Identify and prepare binding agents:
a) bread
b) eggs

C. Soups ..... 6 Hours

Outcome: ***Prepare and present a variety of basic soups.***

1. Explain, prepare and present a variety of soups including finishing and garnishing techniques:
   a) broth
   b) thick
   c) thin/clear
   d) specialty

D. Sauces ..... 12 Hours

Outcome: ***Prepare and present basic sauces and gravies.***

1. Identify and prepare basic sauces and derivatives:
   a) velouté (mushroom sauce)
   b) béchamel (cheese sauce)
   c) tomato (Spanish)
   d) Espagnole
      i) demi-glace
   e) hollandaise (béarnaise)
2. Identify and prepare gravy, jus and jus lié .

SECTION FIVE: .... ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE AND GRAINS) ..... 18 HOURS

A. Purchasing Specifications and Storing Procedures ..... 3 Hours

Outcome: ***Demonstrate proper purchasing specifications and storing procedures.***

1. Identify purchasing specifications and quality characteristics for the following:
   a) vegetables
   b) fruit
   c) potato
   d) pasta
   e) rice
2. Identify proper rotation and storage procedures for all market forms of vegetables, fruits, potato pasta and rice.

B. Culinary Terms ..... 3 Hours

Outcome: ***Practice the use of culinary terms.***

1. Recognize culinary terms and demonstrate traditional vegetable cuts:
   a) brunoise
   b) julienne
   c) bâtonnets
   d) paysanne
   e) chateau
   f) concasse
   g) chiffonade

C. Fruits and Vegetables ..... 6 Hours

Outcome: ***Prepare and cook fruits and vegetables.***

1. Identify, prepare and cook fruits and vegetables:

a) moist heat
b) dry heat
c) combination

2. Describe preservation technique to preserve colour texture, flavour and nutritional value of fruit and cooked vegetables:
   a) white (flavones)
   b) green (chlorophyll)
   c) yellow (arytenoids)
   d) red, purple, blue (anthocyanins)

D. Potato, Pasta and Rice ..... 6 Hours

Outcome: ***Prepare and cook potato, pasta and rice.***

1. Identify and cook a variety of potato, pasta and rice products:
   a) potato (mealy and waxy)
   b) pasta (fresh and dry)
   c) rice (long grain and short grain)

SECTION SIX: ..... PANTRY (SALADS AND SANDWICHES) ..... 12 HOURS

A. Salads and Dressings ..... 8 Hours

Outcome: ***Prepare and present salads and dressings.***

1. Identify the basic structure of salads:
   a) base
   b) body
   c) garnish
   d) dressing

2. Identify salad classifications:
   a) appetizer
   b) main course
   c) accompaniment
   d) separate course (palate cleanser)
   e) dessert
   f) salad bar
   g) gelatin based salads

3. Identify guidelines for salad making and presentation:
   a) selecting ingredients
   b) cleaning/ trimming
   c) cutting/drying
   d) storage/temperature
   e) assembly
   f) presentation

4. Prepare dressings:
   a) permanent, emulsified (mayonnaise, tartar sauce)
   b) temporary emulsification (vinaigrette)
   c) cooked dressings
   d) dairy based dressings

5. Describe and prepare a variety of hot and cold salads:
   a) gelatin
   b) bound
   c) green
   d) fruit

e) cooked
f) pasta
g) vegetable

B. Sandwiches, Spreads and Fillings.....4 Hours

Outcome: ***Identify and prepare sandwiches, spreads and fillings.***

1. Describe and prepare a variety of sandwiches:
   a) select bread (baked products)
   b) prepare fillings, spreads and garnishes
   c) assembly and cutting procedures
   d) apply various cooking techniques
   e) presentation (plated, sandwich bar, buffet)
   f) wrapping and storage

SECTION SEVEN: .....BREAKFAST, BEVERAGES AND DAIRY PRODUCTS .....12 HOURS

A. Breakfast.....6 Hours

Outcome: ***Identify and prepare a variety of traditional breakfast dishes.***

1. Identify and prepare a variety of egg dishes (a la carte, buffet):
   a) poached
   b) French omelette
   c) fried
   d) scrambled
2. Identify and prepare a variety of breakfast meats:
   a) ham
   b) bacon
   c) sausage
3. Identify and prepare breakfast cereal, breads and pastries:
   a) hot & cold
   b) waffles
   c) pancakes and crepes
   d) French toast
4. Identify breakfast accompaniments:
   a) syrups
   b) preserves
   c) flavoured butters and garnishes

B. Dairy ..... **3 Hours**

Outcome: ***Identify dairy products.***

1. Identify fermented and unfermented dairy products:
   a) milk
   b) cream
   c) butter
   d) buttermilk
   e) yogurt
   f) sour cream

C. Beverages ..... **3 Hours**

Outcome: ***Prepare and serve coffee, tea and juices.***

1. Identify and prepare breakfast beverage, hot and cold:
   a) coffee
      i) brewing times
      ii) temperatures
   b) tea
   c) assorted juices

SECTION EIGHT: ..... BAKESHOP ..... 42 HOURS

A. Principles of Baking ..... **10 Hours**

Outcome: ***Identify ingredients and apply baking principles.***

1. Identify ingredients used in a bakeshop:
   a) flours
   b) sugars and sweeteners
   c) starches
   d) fat, shortenings and oils
   e) dairy products
   f) eggs
   g) flavourings
   h) leavening agents
2. Identify and apply baking formulas:
   a) recipe conversions
   b) scaling and measuring
   c) mixing methods

B. Yeast Products ..... **12 Hours**

Outcome: ***Identify, prepare and bake a variety of yeast products.***

1. Prepare and bake a variety of yeast products:
   a) loaves (pan formed/hand formed)
   b) buns (crusty, soft crust)
   c) frozen doughs (pizza dough)

C. Cookies and Quick Breads ..... 6 Hours

Outcome: ***Prepare and bake cookies and quick breads.***

1. Prepare a variety of quick breads:
   a) muffin method
   b) biscuit method

2. Prepare a variety of cookies:
   a) dropped
   b) rolled
   c) piped
   d) refrigerated (ice-boxed)
   e) wafer
   f) bars/squares

D. Pies and Fillings ..... 10 Hours

Outcome: ***Prepare a variety of pies and fillings.***

1. Prepare a variety of pies:
   a) basic pie dough (flaky/mealy)
   b) crust (single, double and crumb)
   c) fillings (chiffon, cream, custard, fruit)

E. Decorating Techniques ..... 4 Hours

Outcome: ***Demonstrate decorating techniques.***

1. Demonstrate basic decorating techniques:
   a) piping (borders)

SECTION NINE: ..... VALUE ADDED PRODUCTS ..... 12 HOURS

NOTE: Due to market demands and constant changing trends in the food service industry new value added products are continually being developed.

A. Ready to Use and Serve ..... 6 Hours

Outcome: ***Evaluate value added products.***

1. Explain and evaluate the value and quality of labour saving products in the following forms:
   a) ready to use (pie fillings, produce)
   b) ready to serve (pastries, salad dressings)

B. Ready to Heat and Cook ..... 6 Hours

Outcome: ***Evaluate ready to heat and cook products.***

1. Explain and evaluate the value and quality of labour saving products in the following forms:
   a) ready to heat (soups, sauces)
   b) ready to cook (par-baked products, portion meats–fish poultry)

SECOND PERIOD TECHNICAL TRAINING
COOK TRADE
COURSE OUTLINE

UPON SUCCESSFUL COMPLETION OF THIS COURSE THE APPRENTICE SHOULD BE ABLE TO PERFORM THE FOLLOWING OUTCOMES AND OBJECTIVES.

SECTION ONE: .....KITCHEN ORIENTATION AND INTRODUCTION.....2 HOURS

A. Program Orientation ..... 2 Hours

Outcome: ***Introduction to policy and procedures of the institution.***

1. State the requirements and identify the responsibilities of the liaison officer.
2. Review standards for industry professionalism:
   a) dress code
   b) harassment
   c) professional conduct as it relates to the institution
3. Identify study methods and reference tools.
4. Identify and follow emergency procedures and regulations.

SECTION TWO: .....TRADE MATHEMATICS AND MANAGEMENT CONTROLS.....24 HOURS

A. Communication ..... 4 Hours

Outcome: ***Demonstrate effective communication skills.***

1. Demonstrate effective verbal communications e.g. telephone étiquette.
2. Demonstrate an awareness of team concept.

B. Mise en Place..... 4 Hours

Outcome: ***Prepare and submit a daily action plan.***

1. Submit and monitor a work plan prep list as per daily menu.

C. Purchasing and Receiving ..... 6 Hours

Outcome: ***Demonstrate purchasing and receiving skills.***

1. Identify purchasing specifications and terminologies pertaining to:
   a) food grading systems
   b) packaging/unit sizing
   c) seasonal availability
   d) specialty products branding
   e) labeling
2. Identify receiving procedures:
   a) verify invoice
   b) quality check
   c) accept or reject/return delivery
   d) proper storage techniques and procedures

D. Inventory Control ..... 4 Hours

Outcome: ***Monitor inventory.***

1. Monitor par stock levels:
   a) identify re-order levels
   b) request stock replacement
   c) rotate stock First In, First Out (FIFO)

E. Cost Controls ..... 6 Hours

Outcome: ***Calculate costs.***

1. Calculate operational cost:
   a) food
   b) labour

SECTION THREE: ..... BUTCHER SHOP (POULTRY, FISH, SEAFOOD AND VARIETY MEATS) ..... 54 HOURS

A. Meats ..... 18 Hours

Outcome: ***Prepare cook and present beef, pork and lamb.***

1. Prepare and cook the following fabricated cuts of beef, pork and lamb using:
   a) roast beef/ Yorkshire pudding/popovers/leg of lamb/ pork loin
   b) steaks/ chops (sirloin, pork chops)
   c) cubed/ stew (brown/white)
   d) ribs
   e) stir-fry (induction cooking)
   f) ground
2. Identify, prepare and cook variety meats:
   a) liver
   b) sweetbreads
   c) tongue
3. Determine doneness:
   a) temperature
   b) appearance
   c) texture
   d) firmness
   e) taste
   f) colour of juices
   g) carry-over cooking

B. Poultry ..... 18 Hours

Outcome: ***Prepare cook and present a variety of poultry.***

1. Identify, prepare and cook poultry:
   a) chicken
   b) Cornish game hen
   c) turkey
   d) duck
2. Identify, prepare and cook a variety of poultry.

3. Determine doneness:
   a) temperature
   b) appearance
   c) texture
   d) firmness
   e) taste
   f) colour of juices
   g) carry-over cooking

C. Fish and Seafood ..... 18 Hours

Outcome: ***Prepare cook and serve a variety of fish and seafood.***

1. Identify, prepare and cook the following fish and seafood:
   a) round fish i.e. salmon and trout
   b) flatfish i.e. halibut and sole (flounder)
   c) crustaceans i.e. shrimp and crab
   d) mollusks i.e. mussels, oysters and scallops
   e) cephalopods i.e. squid
2. Identify, prepare and cook fish and seafood.
3. Determine doneness:
   a) temperature
   b) appearance
   c) texture
   d) firmness
   e) taste
   f) colour of juices
   g) carry-over cooking

SECTION FOUR: ..... SAUCIER (STOCKS, SOUPS, SAUCES THICKENING AND BINDING AGENTS) ..... 40 HOURS

A. Stocks and Glazes ..... 12 Hours

Outcome: ***Prepare and store stocks and glazes.***

1. Prepare the following white and/or brown stocks:
   a) beef
   b) veal
   c) fish
   d) chicken
   e) vegetable
   f) court bouillon
   g) remouillage
   h) pork/ham
   i) lamb
2. Prepare glazes:
   a) meat glaze/glace de viande
   b) chicken glaze/glace de volaille
   c) fish glaze/glace de poisson

B. Soups and Garnishes ..... **12 Hours**

Outcome: ***Prepare cook and present a variety of soups.***

1. Prepare the following soups and garnishes:
   - a) chowders
   - b) bisque
   - c) consommé
     - i) brunoise
     - ii) Célestine
     - iii) royale
     - iv) julienne
   - d) ethnic and specialty soups
     - i) borscht
     - ii) mulligatawny
     - iii) minestrone
     - iv) won-ton
     - v) potage habitant
     - vi) baked French onion

C. Sauces ..... **12 Hours**

Outcome: ***Prepare, cook and present a variety of sauces.***

1. Prepare and cook the following:
   - a) Mornay
   - b) Chasseur
   - c) Creole
   - d) Provençale
   - e) au poivre
   - f) curry sauce/paste
   - g) sauce vin blanc
   - h) bordelaise
   - i) choron
   - j) apple sauce
   - k) sauce gastric
   - l) barbecue sauce

D. Butter Sauces ..... **4 Hours**

Outcome: ***Prepare and/or cook butter sauces.***

1. Prepare and/or cook:
   - a) brown butter (beurre noisette)
   - b) lemon butter
   - c) meunière butter (meunier)
   - d) maitre d' hotel
   - e) garlic butter

SECTION FIVE: .... ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE AND GRAINS) .....24 HOURS

A. Potatoes ..... 6 Hours

Outcome: ***Prepare, cook and present potato dishes.***

1. Prepare and cook the following potato dishes:
   - a) château potato
   - b) duchesse potato
   - c) lyonnaise potato
   - d) boulangère
   - e) stuffed baked potato
   - f) gratinée

B. Rice and Grains ..... 3 Hours

Outcome: ***Prepare, cook and present rice and grain products.***

1. Prepare and cook the following rice dishes:
   - a) pilaf
   - b) risotto
   - c) scented
   - d) wild rice

C. Pasta and Sauce ..... 9 Hours

Outcome: ***Prepare, cook and present a variety of pastas and accompanying sauces.***

1. Prepare and cook the following pasta dishes:
   - a) fresh pasta
     - i) ravioli
     - ii) fettuccini
   - b) shaped
     - i) baked–lasagne
     - ii) stuffed–cannelloni
   - c) dry pasta
     - i) shapes
     - ii) uses for shapes
   - d) sauces and condiments
     - i) alfredo
     - ii) pesto
     - iii) primavera

D. Vegetables ..... 6 Hours

Outcome: ***Prepare, cook and present vegetables using a variety of cooking methods.***

1. Prepare and cook the following:
   - a) ratatouille
   - b) braised red cabbage
   - c) egg plant parmesan
   - d) squash
   - e) beans amandine
   - f) stuffed vegetables
   - g) bouquetière of vegetable
   - h) stir fry vegetables
   - i) deep fried vegetables

i) battered
ii) breaded
iii) fritters

SECTION SIX: ..... PANTRY (APPETIZERS/HORS D'OEUVRES) ..... 18 HOURS

A. Appetizers and Hors D'oeuvres ..... 6 Hours

Outcome: ***Prepares and serve a variety of hot and cold hors d'oeuvres.***

1. Prepare and serve hot and cold appetizers:
   a) plated: e.g. carpaccio, escargot, etc.
   b) reception: e.g. brochette, spanokapita, etc.
   c) cocktails/cocktail sauce
   d) crudités
   e) antipasto
2. Prepare and present hors d'oeuvres:
   a) hot (angels on horseback, quiche)
   b) cold (procuitto con melone)

B. Canapés ..... 6 Hours

Outcome: ***Prepares and present a variety of canapés.***

1. Describe and prepare the components of canapés:
   a) base
      i) croutons
      ii) boucheés
      iii) specialty breads
      iv) tartlettes
      v) profiterolcs
   b) spreads
   c) body and fillings
   d) garnish, glazes and aspics
2. Assemble, glaze and present canapés:
   a) meat/poultry
   b) fish/seafood
   c) dairy/eggs and cheese
   d) fruit
   e) vegetables

C. Brines and Marinades ..... 6 Hours

Outcome: ***Prepare and use a variety of brines and marinades.***

1. Prepare brines/marinades:
   a) pickling
   b) curing
   c) marinade

SECTION SEVEN: DAIRY PRODUCTS (CHEESE) 8 HOURS

A. Dairy Products 8 Hours

Outcome: ***Identify cheese by classification.***

1. Describe cheeses by their classifications and properties.
2. Describe the process of cheese making.
3. Identify the different types of cheese and their origins.
4. Identify proper handling and storage techniques for cheese.
5. Demonstrate various presentation techniques.

SECTION EIGHT: BAKESHOP (PASTRIES, BAKED GOODS AND DESSERTS) 50 HOURS

A. Pastries 14 Hours

Outcome: ***Demonstrate an ability to prepare and present pastries.***

1. Prepare and bake puff pastry:
   a) strudel
   b) vol-au-vent
   c) napoleon slice
2. Prepare and bake choux paste:
   a) éclairs
   b) cream puffs

B. Baked Goods 14 Hours

Outcome: ***Demonstrate an ability to prepare and present baked goods.***

1. Prepare and bake cakes:
   a) low fat
      i) sponge method (genoise)
      ii) angel food method
      iii) chiffon method
   b) high fat
      i) creaming method (white cake)
      ii) two stage method (high ratio) e.g. chocolate, emulsified, white
2. Discuss/Explain altitude formulas.

C. Desserts 10 Hours

Outcome: ***Demonstrate an ability to prepare and present desserts.***

1. Prepare custard cream desserts:
   a) baked (crème caramel)
   b) stirred (pastry cream)

2. Prepare icings and fillings:
   a) fondant
   b) Bavarian cream
   c) butter cream
      i) simple
      ii) French
      iii) Italian
   d) whipped cream (cream chantilly)
   e) ganache
   f) meringue

D. Decorating Skills ..... 12 Hours

Outcome: ***Demonstrate decorating skills.***

1. Demonstrate piping skills:
   a) rosette
   b) borders
   c) writing

2. Demonstrate assembly and decorating skills:
   a) Black Forest
   b) Sacher tortes
   c) themed cake (birthday cake/anniversary cakes)
   d) seasonal (bouche de Noël)

SECTION NINE: ..... NUTRITIONAL COMPONENTS ..... 20 HOURS

A. Science of Nutrition ..... 8 Hours

Outcome: ***Describe the nutritional components of food and their value.***

1. Recognize the nutritional components of food:
   a) fat
   b) protein
   c) carbohydrates
   d) minerals
   e) water
   f) fiber

B. Diets, Lifestyles and Trends ..... 8 Hours

Outcome: ***Recognize dietary needs, lifestyles and trends.***

1. Recognize dietary lifestyles and trends:
   a) vegetarian
      i) vegan
      ii) lacto ovo
      iii) ovo
      iv) modified
   b) ethnic/religious
   c) food production
      i) natural/organic
      ii) modified

2. Recognize dietary concerns:
   a) allergies/intolerances
      i) nuts
      ii) shellfish
      iii) celiac sprue
      iv) lactose
      v) MSG
      vi) food colouring, etc.
   b) dietary restrictions
      i) sodium
      ii) cholesterol
      iii) diabetic
      iv) digestive concerns

3. Modify recipes for dietary concerns.

C. Food Labeling..... 4 Hours

Outcome: ***Discuss food labeling.***

1. Recognize and interpret food labelling terminology.
2. Identify and describe additives and preservatives in processed foods.

THIRD PERIOD TECHNICAL TRAINING
COOK TRADE
COURSE OUTLINE

UPON SUCCESSFUL COMPLETION OF THIS COURSE THE APPRENTICE SHOULD BE ABLE TO PERFORM THE FOLLOWING OUTCOMES AND OBJECTIVES.

SECTION ONE: .....KITCHEN ORIENTATION AND INTRODUCTION.....6 HOURS

A. Policies, Procedures and Regulations ..... 1 Hour

Outcome: ***Demonstrate familiarity with the policies and procedures of the institution.***

1. State the requirements and identify the responsibilities of the liaison officer.
2. Review standards for industry professionalism:
   a) dress code
   b) harassment
   c) professional conduct as it relates to the institution
3. Identify study methods and reference tools.
4. Identify and follow emergency procedures and regulations.
5. Awareness of government regulations:
   a) Alberta Employment Standards Act
   b) Provincial Human Rights Legislation
   c) Workers Compensation Board

B. Management Skills ..... 5 Hours

Outcome: ***Demonstrate management strategies.***

1. Demonstrate the ability to implement and manage a detailed work plan including:
   a) time management
   b) organizational skills
   c) adherence to quality standards
2. Explain the importance of management skills relevant to:
   a) customer service
   b) staff relations
   c) team concept

SECTION TWO:.....TRADE MATHEMATICS AND MANAGEMENT CONTROLS.....24 HOURS

A. Menu Planning..... 12 Hours

Outcome: ***Develop menus.***

1. Identify menu types:
   a) static
   b) cycle
   c) market
   d) hybrid
   e) à la carte
   f) table d'hôte

2. Explain the importance of the following elements in menu planning:
   a) maximize product use
   b) truth in menu
   c) variety and balance
   d) seasonal availability

3. Develop and present a written menu including cost and selling price:
   a) create a five course table d'hôte/upscale menu for two guests including
      i) standardized recipes
      ii) recipe costing sheets
      iii) maintain food costs of 32% or below

B. Inventory and Financial Controls ..... 12 Hours

Outcome: ***Demonstrate an ability to apply cost controls.***

1. Demonstrate an ability to record and extend inventory:
   a) count physical inventory
   b) update current market prices
   c) extend cost of inventory

2. Interpret a financial statement including:
   a) food cost
   b) labour costs
   c) operating expenses
   d) profit, loss or break even

SECTION THREE: .....BUTCHER SHOP (MEAT, FISH, POULTRY, SEAFOOD AND MARINADES) .....42 HOURS

A. Meat ..... 12 Hours

Outcome: ***Prepare, cook and present meats.***

1. Participate in the demonstration and/or preparation of the following:
   a) hip of veal
   b) lamb
      i) leg (stuff, roll and tie)
      ii) roast
      iii) rack/French
      iv) chops
      v) cubed
      vi) ground

2. Participate in the demonstration and/or preparation, cooking and presentation of the following for plated service:
   a) beef tenderloin
      i) chateaubriand
      ii) filet mignon
      iii) tournedos
      iv) medallions
      v) mignonettes
   b) veal
      i) chop
      ii) cutlets
      iii) shank
      iv) roast
      v) émincée
      vi) stew

c) lamb
   i) rack
   ii) chop
   iii) kabob
   iv) navarin
   v) roast
d) pork tenderloin
   i) en croûte
   ii) stuffed
   iii) farce
   iv) medallions

3. Prepare and present meats using appropriate seasonings and marinades.

B. Poultry ..... 12 Hours

Outcome: ***Prepare, cook and present poultry.***

1. Participate in the demonstration and/or preparation of the following poultry techniques:
   a) trussing
   b) barding
   c) larding
   d) boning
   e) stuffing

2. Participate in the demonstration, preparation, cooking and presentation of the following poultry for plated service:
   a) braised
   b) duck confit
   c) stuffed

3. Prepare and present poultry using appropriate seasonings and marinades.

C. Fish and Seafood ..... 12 Hours

Outcome: ***Prepare, cook and present fish and seafood.***

1. Participate in the demonstration and/or preparation of:
   a) fillet dover sole
   b) fillet trout

2. Participate in the demonstration, preparation, cooking and presentation of the following fish and seafood for plated service:
   a) fish and seafood
      i) lobster
      ii) Newburg
      iii) Thermidor
      iv) oysters
      v) glace
      vi) Rockefeller
      vii) mussels (steamed)
      viii) shrimp (Provençale)
      ix) sole
      x) trout

3. Prepare and present fish and seafood using appropriate seasonings and marinades.

D. Game ..... 6 Hours

Outcome: ***Prepare, cook and present game.***

1. Participate in the demonstration, preparation, cooking and presentation of the following for plated service:
   a) venison
   b) rabbit
   c) quail
   d) bison
   e) ostrich (emu)
   f) pheasant
2. Prepare and present game meats using appropriate seasonings and marinades.

SECTION FOUR: . SAUCIER (STOCKS, SOUPS, SAUCES, CONDIMENTS AND FLAVOUR BUILDERS) ..... 24 HOURS

A. Soups ..... 10 Hours

Outcome: ***Prepare, cook and serve soups.***

1. Prepare and present the following specialty soups, garnishes and enrichments:
   a) bouillabaisse (rouille)
   b) scotch broth
   c) goulash soup (sour cream)
   d) fish consommé (quenelles)
   e) cold fruit soups (mint and melon)
   f) cold savory soups (vichyssoise, gazpacho)
   g) gumbo (gumbo file/ brown roux)
   h) hot and sour
   i) avgolemono/liaison

B. Sauces ..... 10 Hours

Outcome: ***Prepare, cook and utilize sauces.***

1. Prepare the following sauces:
   a) foyot, marchand de vin and aurora
   b) tarragon, vinegar, chive oil
   c) beurre blanc, beurre rouge
   d) pesto, Thai green curry sauce
   e) mango chutney, roasted corn salsa
   f) charcoutier
   g) portugaise
   h) white bercy
   i) périgueux

C. Condiments and Flavour Builders ..... 4 Hours

Outcome: ***Use condiments and flavour builders.***

1. Define and explain the following condiments and flavour builders:
   a) reductions (natural essence)
   b) infused oils and vinegars
   c) beurre blanc/ rouge
   d) pastes
   e) chutneys, salsas and relishes and compotes

SECTION FIVE: .... ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE AND GRAINS ..... 12 HOURS

A. Fruits and Vegetables ..... 6 Hours

Outcome: ***Prepare, cook and serve vegetables and fruits.***

1. Prepare the following vegetable dishes:
   a) braised fennel bulb
   b) stuffed artichokes/zucchini
   c) grilled vegetables (zucchini, peppers, leeks and radicchio)
   d) root vegetable poelle
   e) roasted vegetables
   f) steamed asparagus/maltaise
   g) wilted greens
   h) fiddleheads

2. Identify and prepare mushrooms:
   a) market forms/ cultivated and wild
   b) fresh, canned, frozen and dried
   c) grilled Portobello/en vinaigrette
   d) wild mushroom ragout
   e) duxelles

1. Prepare and cook the following legumes:
   f) white bean cassoulet
   g) chick/hummus
   h) lentils/Dahl

B. Starches and Grains ..... 6 Hours

Outcome: ***Prepare, cook and serve starches and grains.***

1. Prepare and cook the following starches and grains:
   a) Parisienne potatoes/ purple potato
   b) dauphine/lorette potatoes
   c) bulgur/kasha
   d) risotto/orzo
   e) polenta
   f) couscous
   g) griddled cake (wild rice, corn and potatoes)
   h) wild, brown and pearl rice
   i) dumplings
      i) flour based
      ii) potato based
      iii) bread based

SECTION SIX: ..... PANTRY (CHARCUTIÈRE) ..... 60 HOURS

A. Buffet Salads ..... 9 Hours

Outcome: ***Prepare and present the following buffet items.***

1. Prepare and present a variety of salads and garnishes:
   a) vegetable salads
   b) pasta salads
   c) fruit salads
   d) accompaniments (croutons, garnishes)
   e) dressings (vinaigrette, emulsified)

B. Buffet Platters ..... **9 Hours**

Outcome: ***Prepare and present a variety of buffet platters.***

1. Prepare and present the following buffet items:
   a) meat platters
   b) fish/seafood
   c) crudités
   d) cheese
   e) fruit
      i) aspic/gelatine preparation
      ii) chaud/froid
      iii) presentation techniques

C. Layout Methods ..... **2 Hours**

Outcome: ***Demonstrate an ability to design buffet platters.***

1. Demonstrate an ability to design and layout platters using the following methods:
   a) eye appeal / balance and flow
   b) plate platter, mirror selection
   c) colour design
   d) garnishing

D. Decorated Showpieces ..... **12 Hours**

Outcome: ***Prepare and present a variety of decorative showpieces.***

1. Prepare and present decorative showpieces:
   a) terrines
   b) galantines
   c) mousses
   d) pâte en croûte / pâte
   e) use panadas
      i) bread
      ii) rice
      iii) flour
   f) decorated salmon
   g) glazing
      i) aspic/gelatine preparation
      ii) chaud/froid
      iii) presentation techniques

E. Charcutière ..... **12 Hours**

Outcome: ***Prepare and present a variety of charcutière items.***

1. Prepare and present the following marinated items (brine, cured and smoked):
   a) gravlox / cerviche / carpacio
   b) smoked and cured meats

F. Buffet sauces ..... **4 Hours**

Outcome: ***Prepare and present a variety of buffet items.***

1. Prepare and present appropriate sauces for buffet items:
   a) cumberland sauce
   b) pepper coulis
   c) aioli
   d) remoulade

G. Artistic Displays ..... **12 Hours**

Outcome: ***Demonstrate an ability to prepare artistic displays.***

1. Design artistic displays:
   a) ice sculpture
   b) fat sculpture
   c) bread display
   d) fruit and vegetable carvings

SECTION SEVEN: ..... BAKESHOP (PASTRY BAKED GOODS AND DESSERTS) ..... 60 HOURS

A. Baked Goods ..... **15 Hours**

Outcome: ***Prepare a variety of baked products.***

1. Prepare and bake:
   a) tartlettes (lemon meringue, baked pecan)
   b) individual pastries (jelly roll/swiss roll)
   c) tulie and brandy snaps
   d) baked soufflé
   e) cheesecake baked
   f) fruit flans (fresh and canned fruit)

B. Desserts ..... **15 Hours**

Outcome: ***Prepare a variety of desserts and sauces.***

1. Prepare desserts:
   a) mousse-chocolate, strawberry (with gelatin)
   b) crepes – suzette
   c) crème brûlee
2. Identify and prepare frozen desserts:
   a) ice cream
   b) sorbe/granite
   c) soufflé glace
   d) baked Alaska
   e) ice cream bombe
3. Prepare the following dessert sauces:
   a) coulis
   b) crème Anglaise
   c) butter scotch
   d) Caramel

C. Chocolate ..... 15 Hours

Outcome: ***Identify, prepare and present a variety of chocolates.***

1. Prepare chocolate products:
   a) differentiate between couverture and compound coating:
      i) dark chocolate
      ii) milk
      iii) white chocolate
   b) temper coverture
   c) pipe decorations (ornaments)
   d) truffles

D. Dessert Presentation ..... 15 Hours

Outcome: ***Prepare and present plated desserts.***

1. Identify decorating pastes:
   a) pastillage (gum paste)
   b) marzipan (almond paste)
   c) rolled fondant
   d) royal icing
2. Prepare and present:
   a) plated desserts using templates, sauces and coulis
      i) the dessert by itself
      ii) the dessert with fruit, sugar or chocolate garnis
      iii) the dessert and sauce painting/flooding
      iv) the complex presentation: two or more desserts on one plate. One or more sauces, garnishes or both may be included

SECTION EIGHT: ..... WINE, SPIRITS AND BEERS ..... 6 HOURS

A. Identification ..... 4 Hours

Outcome: ***Identify a variety of wines, beers and spirits.***

1. Identify:
   a) wines
   b) spirits
   c) beers

B. Applications ..... 2 Hours

Outcome: ***Demonstrate the ability to identify the effect of wines, beers and spirits in cooking.***

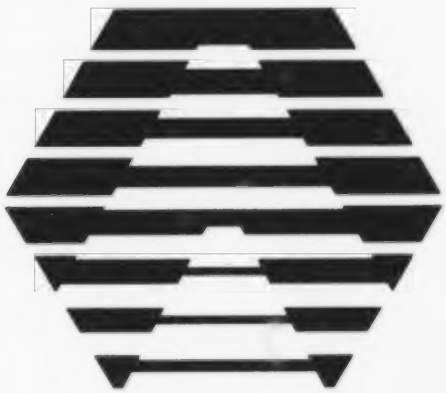
1. Identify the applications, effects and benefits of wines, spirits and beers in cooking:
   a) flambé
   b) marinades
   c) sauce making

SECTION NINE:..... TRAIN THE TRAINER .....6 HOURS

A. Advisory Network and Coaching Skills.....6 Hours

Outcome: ***Be familiar with the advisory network and the benefits of coaching skills.***

1. Describe the following coaching skills used for training apprentices:
   a) identify the point of the lesson
   b) link the lesson
   c) demonstrate a skill
   d) provide opportunity to practice a skill
   e) give feedback to the learner
   f) assess the learners' progress
2. Describe and explain the role and purpose of the advisory network and provincial apprenticeship committee for the cook trade.



Excellence through training and experience

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